

TAURANGA & WBOP

GREY POWER

MAGAZINE FOR THE OVER 50s

ISSUE THREE 2024



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www.greypowertga-wbop.org.nz

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Letters must include the writers name, home address and phone number.

Letters should not exceed 120 words inclusive.

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Post to: the address above or email

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President's Word



Welcome to our third issue this year and a big thank you to those who have joined and those of you who have renewed.

The last few months have been quite busy since the Federation AGM in Wellington. Our newly elected President, Gayle Chambers came and spoke at our Zone 3 regional meeting last month. It was interesting to hear her speak and one of her messages was the need for us to take Grey Power forward so our name is more recognised in our communities. Due to a resignation, we have elected a new Zone Representative, Margaret Sole, from Waihi Assn. The Board had their first face to face meeting in Wellington since the AGM and by all accounts it went very well.

Our own AGM was held at the Greerton Senior Citizens Hall – a new venue for us but quite pleasant. We ordered food for morning tea and our volunteers did a splendid job in the kitchen. Our guest speaker was the Tauranga MP, Sam Uffindell who primarily spoke about aged care. He was chairing the Health Select Committee which included Aged Care and it was a very interesting presentation. After giving us a brief outline of his personal life, including some stories of his family life, he spoke about the aims of the current Government to ease financial stress on taxpayers. Some of the topics he mentioned were price stabilisation, increase in Superannuation, relief for mortgage holders over 65, housing, law and order to make communities safe and an improved Health System. Sam showed enthusiasm for the subjects he is dealing with.

The current committee was voted in again for another year but unfortunately, we were not able to persuade anyone else to join our team. If you are reading this and feel you could help us out – even just a few hours working from home – please give us a call. Three of us attended a presentation by Carol Gordon about the UN Decade of Healthy Ageing which I found inspiring. Carol is very positive and upbeat about ageing in general even though the statistics are a bit daunting.

A number of tenants from the Village attended a meeting at The Incubator, to plan events for the International Day of the Older Person which is always held on 1st October. The Council is putting a lot more time and funding into this week-long event to celebrate the older age group. *(See notice inside)*

Over the last 18 months I have been attending a forum made up of Age Concern, Rural Women, National Council of Women and Grey Power, investigating the standard and availability of in-home care in the Western BOP region. The finished full report written by - Glubb-Smith, K., & Hanlen, T. (2024). Home Care Needs of Older People: Western Bay of Plenty District. <https://doi.org/10.15663/br68937> Infographic of the report (3 pages) <https://doi.org/10.15663/br68940>

President's Word - continued from page 2

Although the production of our quarterly magazine is now costing vast sums of money, it remains a very popular product. We are even going to increase the number printed so as to leave them at more drop off points around Tga and WB. The other cost is for the 500 odd that we post out to our members each quarter. The cost of postage is forever rising, and we would again like to thank The Tauranga Stamp Club for supplying stamps at half price and The Warehouse Stationery for donating the envelopes.

Unbelievably the year is more than half over but there will still be more meetings and events over the next couple of months which we will report on in our December issue.

Enjoy the warmer weather and take care out there.

Jennifer & the Team

The International Day of the Older Person

Springfest Launch Event 2024

Tuesday, 1 October

Time: 10am – 2pm

Venue:

**Holy Trinity Church,
215 Devonport Road**

Also, the team from The Incubator are organising a very cool event on Thursday October 3 from 10am – 3pm called Village Vibes which will take place throughout the Village.

It's all part of the week-long Young at Heart event, celebrating and recognising our community of older people together with.

COFFEE MORNINGS



All meetings are subject to health and safety guidelines at the time

Everyone is welcome to come along for discussion or a chat. Tauranga & Katikati have speakers monthly or bi-monthly.

TAURANGA COFFEE MORNINGS

Change of venue as the Raft Cafe is no longer available. Now at 33 Maitland St, Greerton Senior Citizens Hall. Good access and parking. We are asking for \$3 donation toward the hall hire and morning tea. Friends, family and neighbours are all welcome. 1st Thursday of the month at 10am.

Dates: 3 October, 7 November, 5 December

KATIKATI COFFEE MORNINGS

Katikati Community Centre, 45 Beach Road (just past the schools).

Now 3rd Friday of each month.

\$2 for members & \$5 for others.

Dates: 18 October, 22 November, 20 December (or TBA)

PAPAMOA COFFEE MORNINGS

3rd Thursday of each month at 10am.

We will continue meeting at Pacifica Cafe, Tara Rd.

Dates: - 17 October, 21 November, 19 December

All inquiries please phone the Grey Power office, Tuesday - Thursday on 571 2558.

ALL ARE WELCOME

Please wear a name badge if you have one.

HELP US REDUCE OUR COSTS

With the cost of printing and postage rising all the time we would ask that, if possible, you would choose to receive your association and Federation quarterly magazines by email. Contact us for this magazine or go to <https://greypowermag.co.nz/subscribe> for the Federation.

Both come in very easy to read format.

WINNING FORMULA

For many, last month was a winning month! People all round NZ, young and old, had a sense of pride as they watched our athletes at the Paris Olympics win a record number of gold medals.

Some of them were on a winning streak and some had a winning formula that either worked well or sadly, let them down on the day. For those who had very high expectations, making an error during their event must have been devastating and one wonders how they could pick themselves up and carry on with their sport. But they are disciplined and highly motivated people who have great support teams and family to lift them up and help them move to the next phase of their life.

And it's not just sport – life in general can throw us some curved balls that we are not expecting or prepared for. Most of us have not trained for or achieved a gold medal to cope with relationship breakups, deaths, illness, or other hardships but somehow the majority of us pick ourselves up and start again.

I wish humanity could come up with a winning formula to reduce the harmful emissions that are causing such devastation around the world. Will we win the race against time to save our environment? It is, however, very heartening when you hear of any individuals, and especially the younger age group, who are making even a tiny effort to connect with nature. I had a call today from a young man who is offering to volunteer his time either to maintain or create vegetable gardens for older folk who are no longer able to do the work themselves. His emphasis is on encouraging them to be outside, exercise, and then be able to eat what has been grown. I do hope that this turns out to be a winning formula for him and the communities he works with.

We all recognise a winning smile – when someone's face lights up because they have achieved something in life or just in a moment in time. Not necessarily because they have won anything but because they are just expressing happiness or good will. Over the years I have met several quite old men and women who were able to light up the space around them with a winning smile. It seemed to come from a happy place within them and it was always a delight to see.

Of course, someone else's perceived winning formula does not necessarily bring joy to everyone. I'm sure the people employed by TV companies believe they have a winning formula when they choose the programs for us to watch, (together with the overly loud background music). However, the feedback that I read shows that many of the older generation are less than enchanted with their choices.

The same goes for Councils who believe they have a

winning formula for some of our roads by encouraging us to use buses, bikes, scooters, or legs to get around. A recent survey showed that 96% of us in Tauranga mainly use a car. We are scoffing at some of the changes now but one day public transport will have changed and improved so we can navigate the city more easily and leave the cars at home. Who knows maybe in the distant future, people will look back on 2024/25 and say, 'gosh they did have a winning formula'!

The Paralympics and the America's Cup will just be starting after the deadline to submit this article to the publisher, which is probably just as well as I will be glued to the screen hoping that all the New Zealand competitors have the best winning formulas. After the Americas Cup preliminary regatta, which NZ won, the manager, Grant Dalton, said that the whole Team NZ culture was unique. He said other teams have tried to copy it but to no avail – it's not something you can copy. Meaning you have to have your own winning formula that is unique and will work for you. I think the best parts are the smiles. And if there are tears instead, they have friends, family, and coaches to support them and convince them that they did their very best which is all we ask of anyone.

Not everyone is interested in watching sport but sport itself has many benefits. It's an industry that employs thousands, inspires the young to get out and exercise, compete and experience life with their peers and receive guidance from teachers and coaches – sport has to be good!

If only we all had a winning formula to enable us to live healthy, happy, and successful lives but life is not always like that. We need the troughs and hollows to learn from to make us stronger so we can sail over the next hurdle and give a big smile because we won!

Jennifer Custins

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LOCAL HEALTH INITIATIVE TO BE APPLAUDED

At a time when our Health system is severely stressed and failing so many in our community, good news stories are rare.

However, they need to be acknowledged and celebrated.



At a recent Community Health Liaison Group meeting in Tauranga, Judy Telford, Operating Manager of the BOP Community Care Coordination Service, outlined the purpose and operation of this unique service.

This is a service that was developed during COVID in the local DHB to address problems with ensuring patients discharged from hospital received the appropriate aids and professional support to facilitate a good rehabilitation outcome and to reduce hospital re-admissions. Prior to this, services were supplied by multiple agencies in a non-coordinated manner meaning that the required patient support was frequently delayed by a few weeks, or at times not even provided.

Currently they coordinate community care for patients now referred from a variety of healthcare professionals, including Gerontology, Mental Health, PHO's, GP practices, Palliative care, District Nursing, Stoma Care, Allied health professionals, as well as from ACC. They work to a 48hr turnaround to have all services in place but aim for all to be available within 24 hours. Monitoring is in place and where providers do not deliver on time, or where patients are not satisfied, they follow up.

The service currently manages 1900 referrals per month. Perhaps you have been a recipient of this coordinated care service and we would value your feedback and comments. To date this service is unique to the Bay of Plenty, but we hope that this model will continue to be funded and rolled out nationally to improve rehabilitation nationally.

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AM I STILL MIDDLE-AGED?

Ben left home this year. He followed Amy to the University of Auckland. That officially makes me an empty nester at age 55. It is definitely a time of transition and has raised questions in my mind about where I am in my life journey. If I knew exactly where I was, then decisions on how much to work, where to live, and how much golf to play would be clearer.

While Amy and Ben may be starting to consider us “old” as grey hairs set in; my dad who is now 86, is constantly amazed that he has well-outlived his own expectations. Having a good “longevity literacy” is an important factor in understanding when to retire and how much retirement savings are required.

As I searched for answers, one article recommended trying an online calculator to get a handle on how long I may live. The calculators predict your life expectancy based on things like age, family history, diet, exercise, and drinking and smoking habits. Here are four options.

1. <https://www.blueprintincome.com/tools/life-expectancy-calculator-how-long-will-i-live/>
2. <https://apps.bluezones.com/en/vitality>
3. www.livingto100.com
4. www.projectbiglife.ca/life-expectancy-calculator

I tried them all. As a non-smoker, in my healthy weight range, and getting a moderate amount of exercise, the results were quite uplifting as long as I can avoid a few genetic landmines lurking around. My projected life expectancy was from 87 to 95. Most tests offered some helpful advice to reach the upper limits based on my results. Eating more whole grains, fruit and vegetables, doing mental fitness training and reducing stress, flossing my teeth, keeping “bad” cholesterol levels low and relaxing with friends may buy a few extra years.

The life expectancy when I was born in 1968 was approximately 68 for a man and 74 for a woman. Now it is approximately 80 for a man and 84 for a woman.

According to Te Ara, The Encyclopaedia of New Zealand “The terms ‘middle age’ and ‘midlife’ mean much the same. They describe the third quarter of life – the period after young adulthood and before

old age. As life expectancy has increased, each life phase has changed. In 1950 people moved into midlife at about 35 and claimed a government pension at 60, which signalled the start of older age. In the 21st century midlife started at about 45 and superannuation was claimed at 65 – typically signifying the end of the midlife period.”

There is a lot of discussion in recent times that middle-age actually extends to 70 and that superannuation should reflect that. This obviously isn’t the case for everyone, as work life, genetics and lifestyle can all influence longevity.

My ‘Living to 100’ test results say that “People who are optimistic about their aging fare much better. Turn your attitude around about your aging and you could add a quarter of a year to your life”.

I’ll take the optimistic view that I’ll be middle-aged for quite a while yet. Longevity is a moving target and I am delighted that my dad has well exceeded his expectations and was here for another Father’s Day.

Vanessa Charman-Moore is a Grey Power Tauranga & WBOP committee member and supporter of the Grey Power magazine

WORLD GOOD NEWS IN BRIEF

London to open more ‘fixing factories’

In a further sign that repair culture is going mainstream, London is to get three more ‘fixing factories’ where people take broken appliances to be fixed for free. Two such sites already exist in Camden and Brent. Since opening in 2022, they have reportedly diverted three tonnes of e-waste from landfill and saved around 53 tonnes of CO2. The Restart Project’s Shelini Kotecha said: “Over the last decade we’ve seen the community repair movement grow and flourish. Whether it’s toasters or tablets, people want to fix their electricals rather than throwing them away. Often community led repair is the only option for these products, so we’re delighted to be scaling up the fixing factories.” (*In Tauranga we have a Repair Café in Durham St each month and The Men’s Shed at the Village*)

The US finally supported a global plastics treaty



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In a welcome policy shift, the US has signalled that it will back a global plastics treaty to limit the amount of plastic produced each year. The US is one of the world's biggest plastic producers and has resisted calls to back a global plastics treaty. However, according to the Financial Times, US officials have indicated they will now back such a treaty. The UN hopes to unveil a global plastics treaty by the end of the year. US backing will likely boost its chances of succeeding. "This is a major shift from one of the world's largest producers of plastic, taking us a step closer to a strong global plastics treaty that puts proper limits on plastic production," said Greenpeace UK's political campaigner, Rudy Schulkind.

New treatment could give more relief from Parkinson's

Brain implants that adjust electrical stimulus in real-time could offer people with Parkinson's more control over their symptoms, the first clinical trial of the technology has shown. Trialling the new technology, they found that it reduced the motor symptoms of Parkinson's by half compared to conventional DBS implants. Only four people were involved in the trial, but the results are nonetheless promising.

NOTICE BOARD

TGA COFFEE MEETING VENUE: The Tauranga coffee morning meetings will now continue to be held at the Greerton Senior Citizens Hall in Maitland St. We are able to use the very pleasant library room with comfy chairs and tables. I do realise that it is on the other side of town and may make it harder for some to travel the extra distance and I'm really sorry. There were 16 members and we started with morning tea with a speaker representing the Retirement Village Association. This was about the much-needed review into standardising the terms and conditions of people's LTO.

XTRA ACCOUNTS: A reminder to those who still have email addresses with 'xtra' – if you are able to make the change to a free gmail or outlook account you are more likely to receive your emails. Spark are not going to be servicing xtra and are going to charge those who continue to use it. When we send bulk emails out, we have a considerable number of xtra ones bounce back.

JOINING – USE STRIPE: For those who are joining our association, you are now able to pay on our website with your credit or debit card. Just go to 'Join now'.

DRIVER LICENCE RENEWALS: Make sure you book a doctor's appointment well ahead of time for your medical certificate. Question whether you need a cognitive test as it is a choice not a requirement.



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“CELEBRATING AGEING”

I wouldn't say I'm proud of my wrinkles, but I had a really good time making them

Lyn Slater, the septuagenarian cultural influencer and ‘accidental icon’, has spoken about growing older as being like a rose. “There are some thorns but there is also the bloom, and there’s always that bud of potential, growth and self-discovery.”

And it could be worth tuning in to these sorts of voices for a myriad of reasons: research has found that those who have positive associations around ageing actually age better and live longer.

As Anna Murphy puts it: “Is ageing a straightforward proposition? No. Does it have complexities including negative ones? Yes. But is it something to grab with both hands rather than somehow attempt to negate? Yes, because ageing is living.”

TIME TO THINK ABOUT AGEING

But a new advocacy group says that involves solving some big problems NZ hasn't even looked at yet



In five years’ time, one in five New Zealanders will be over retirement age. But there are concerns that older people still seem to be invisible citizens. We are currently in the middle of what’s been designated the UN Decade of Healthy Ageing, which has prompted organisations in the sector in this country to form an advocacy group and think tank.

The New Zealand National Forum for the Decade of Healthy Ageing aims to get society to re-think ingrained attitudes towards senior citizens, raise awareness and fund research and projects that will improve quality of life.

The Selwyn Foundation is one of the groups involved, and The Detail today speaks to its CEO Denise Cosgrove. The foundation’s work started 70 years ago looking at the tragic plight of older people with poor housing. “People living in sub-standard housing without water, without amenities, with no money ... in poverty. “They numbered in the

thousands then.” But Cosgrove says those problems are still happening today.

“We did some research a year or so ago and that number is 37,500 older people in Auckland and Northland alone experiencing multiple disadvantages across all those domains of wellbeing. It’s going to get worse. In less than five years there’ll be a million people over 65 in New Zealand.”

Cosgrove says the UN decade is a platform for change. “It’s about actually people realising that the world is changing, that [we] are getting more older people, and that we actually need to address this in a way that is going to enable people to age well, and to live healthier lives for longer.”

The main issue the group wants to focus on is combating ageism. Cosgrove says that’s about how we think. “Let’s just stop and pause and ask why I went down that pathway, why did I make a judgment about that person, is it valid?” Examples are stereotypes about old people not being able to use technical devices, or being poor drivers.

Another issue is pushing for policy and legislative change that would improve the lives of the over-65s, such as changing the rule that they’re not eligible for student allowances. And a third thrust is encouraging intergenerational activity – bringing younger and older people together to share knowledge skills and realise the value of each other. “Ageism isn’t only upwards,” she says, “it’s also downwards”.

Cosgrove says the ability for people to age within their own communities is really important, and very little work has been done on that problem in New Zealand. “There will never be enough care beds, and the reality is most people want to age and die in their own community,” she says.

“So how do we enable that? “We need to work on those kinds of big meaty problems in New Zealand which we haven’t really been addressing yet.”

by Alexia Russell

One Day

One day at a time ... this is enough.
Do not look back and grieve over the past
for it is gone; and do not be troubled
about the future for it has not yet come.
Live in the present and make it as so beautiful
that it will be worth remembering.

Ida Scott Taylor

New food programme provides super support for older community

When an injury turned 77-year-old Carol's world upside down, her limited mobility made simple everyday tasks difficult and painful.

Weekly food shopping and meal prepping were just some of these challenges. When Carol learned she could access support direct to her door during this tough time, she was relieved to ask for help.

This help comes in the form of Super Support – a collaborative service providing Tauranga's older community with free nutritious pre-cooked meals, food supplies and wrap-around support.

More than 800 people aged 65 and over have accessed the support.

For Carol, the service was a huge help when she needed it most.

"I live alone and had to give up my part-time job due to the pain. My whole life just stopped."

She says opening her door to volunteers delivering food supplies was like 'winning a little lotto ticket'.

Paula Naude, Tauranga City Council's Manager: Community Development and Emergency Management, says Super Support was first piloted in July 2023 to help older people struggling to afford or access food.

"Times are tough right now for so many in our community, especially for Superannuants living on a limited income, have accessibility needs or health issues, and are going without the essentials in life," says Paula.

Super Support is a collaboration between Tauranga City Council, Age Concern Tauranga, Tauranga Community Foodbank, Good Neighbour, Bay Financial Mentors and Here to Help U.

How to access Super Support:

- Fill in an online form at www.heretohelpu.nz
- Leave a voice message on 0800 568 273
- Learn more about Super Support www.tauranga.govt.nz/super-support



Super Support is available in Tauranga, to support older persons receiving superannuation.

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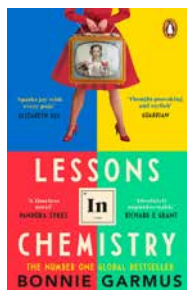
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Fill out a request for help form at heretohelpu.nz or leave a detailed message at **0800 568 273** (this is monitored and someone will call you back).



Here to help U
Kei konei mātou hei puma awhina. mōu

AGE IS THE LAST THING THAT MATTERS IN WRITING



Bonnie Garmus's 2022 novel, *Lessons in Chemistry*, was one of those rare debuts that shot straight to the top of multiple bestsellers lists.

It tells the story of chemist and single mother Elizabeth Zott who after being fired as a chemist four years earlier, accidentally ends up

hosting a hit TV cooking show in 1960s America and inspiring a nation of housewives to take themselves and their dreams seriously.

Bonnie made a flying visit to the Auckland Writers' Festival and spoke about life as a best-selling novelist. One thing that bemuses Bonnie is the focus on her age. She was 65 when her first novel was published in 2022. "I really had no idea how much people would care about my age. It's the last thing that matters in writing. What does matter is working at the craft. In terms of the age question, I was so naïve. I've never picked up a book and thought, I wonder how old the author is!

"When I first was asked that question, I happened to be reading Marcus Aurelius and so I looked up his age and he's about a thousand years old, so I'm doing pretty well," she said, tongue firmly in cheek. "I always feel sad about age related awards because it's so much pressure on time, when in fact you have a lifetime ahead of you and there is no schedule for you to do what you want to do or succeed at.

Lessons in Chemistry's protagonist, Elizabeth Zott, is a brilliant chemist, which was a challenge Bonnie set for herself. "I'm a copywriter and copywriters never ever write what they know. And I stupidly thought, well, I'll just make her a chemist and I'll learn chemistry. Really, really bad idea. Turns out you can't google old science. Old chemistry is especially tricky.

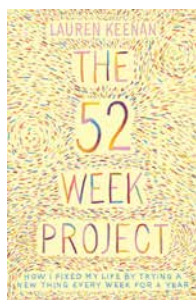
"So, I had to buy a chemistry textbook from the 50s on eBay and teach myself chemistry. Unfortunately, I also decided to do some of the experiments in our flat and I set it on fire...twice.

Rowing also features heavily in the novel, something Bonnie didn't have to learn from scratch. "I'm embarrassed to say I'm not a very good cook and I'm not a chemist, but I am a rower. And I wanted to write about something I knew. I needed something

I didn't have to research, but also one of the main things in the book is balance. Rowing is the sport of balance. If you're not balanced when you're rowing, then you end up doing this other sport called swimming," she said.

One of the most beloved voices in *Lessons in Chemistry* is the dog, Six-Thirty – the only character based on a real-life living being. "Our dog was named Friday. We got her from a shelter and she'd been horribly abused. I was pretty fearful of how she might react when our kids were really young. But she turned out to be this mixture of Einstein and Gandhi. She was the calmest dog in the world and the wise one in the family.

Lessons in Chemistry has sold more than 7 million copies, which is around 7 million more than Bonnie expected [Available from the library – lge print, Borrow Box or ePlatform]



The 52-Week Project

by Lauren Keenan

Review by Jenny Argante

Sub-titled 'How I fixed my life by trying a new thing every week for a year' this remarkable story grew out of a decision made by the author: "Life is short. Make

the most of it." At probably the lowest point of her life, unwillingly separated from her husband, Lauren Keenan asked 27 people to hang out with her one Friday night. They all said no.

She realised her life wasn't working out for her as she expected and opted for change, and she made an on-the-spot resolution to try 52 new things one week at a time. That was the beginning, as Lauren put herself 'out there' - detoxing from social media to swimming with sharks. Often she tried things alone, at other times with family and friends.

The results were astonishing. Regained confidence and improved self-esteem. A repaired relationship with her husband. Insight, surprises and a newly-developed sense of humour that she tested against contemporary psychology. A new self. In the place of past failures and discontents came an openness, a sense of purpose and a strong belief in the success of a different way of being.

Inspirational and definitely worth trying for yourself, even for less than a year.

KEENAN, L. *The 52-Week Project*.

Allen & Unwin, 2023. ISBN 978 1 98854 750 3.

LIBRARY WEBSITE

– DIGITAL VEIHING by Jennifer Custins

Last month I was invited to a presentation by the Tauranga City Library staff who explained and updated us on the new and improved features of the TCC Library website and how easy it is to use.

There are more features, and you can get to where you want to go a lot quicker now. There are thousands of books from all types of genres available to read on a tablet, laptop, computer, or phone. [Not a Kindle tablet which is a paid service through Amazon]. All you need is a library card, and all the books, movies and information are free. Any of the staff will help you set it up, it is super easy.

I converted to reading online or ebooks during the August lockdown in 2022. I was just finding it harder to find the time to get to the library and then was constantly checking as to when they had to be returned. With ebooks you can see the number of days you have left, and they send an email so you can return or renew online. When you travel you have plenty to read in one small package – no need to lug round bulky paperbacks.

Books can be chosen from Wheelers-ePlatform, or BorrowBox which has more magazines. If it's movies you're after, go to Hoopla which has over a million movies, TV programmes, comics, music albums, e-books, and e-audiobooks to choose from. Bundles of magazines from around the world are available through a Bingepass.

Thousands of newspapers and magazines from around the world are available on PressReader. Photos, crosswords, cartoons, advertising, job vacancies and death notices appear just as they do in print versions. Text-only and audio options are available.

And if it's films you want, click on Beamafilm and choose a movie to watch.

Much of the Tauranga's archive collection has been scanned and digitised so you can view all this at home online – click on Tauranga Archives. There are old photos of Tauranga's buildings and snapshots of people, you might even see yourself in one!

What was also exciting was the degree of access you have to history and genealogy. For researching family history in depth, go to one of the 4 libraries and by logging on to their computers you can access Ancestry.com, Find My Past and My Heritage which are all free – all you need is your library card and time!

USED TEA BAGS [Milk less]

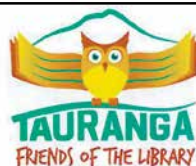
De-crustify Pots and Pans - If all the scrubbing in the world just isn't cutting it, leave a used tea bag to soak in that stubborn pot or pan. Tea contains tannic acid, which can break down grease. With a little time and patience, it should make cleaning the dish much easier.

Ditch the Glass Cleaner - To make windows and mirrors really shine, simply dampen a used tea bag. Use it to rub the glass surface, then follow up with a paper towel. You can also pour some leftover brewed tea into an empty spray bottle and use it as a glass cleaner.

Marinate Meats - Easily marinate pork, chicken or turkey with the help of a couple of tea bags. Simply put a cup of water, two used tea bags and the meat into a zip-close bag. Allow to marinate overnight, then cook and enjoy a flavourful cut of meat.

FYI - Tea has been enjoyed for centuries, but the tea bag wasn't invented until 1908-ish when a New York-based merchant named Thomas Sullivan decided to send tea samples in silk bags to his customers. They incorrectly assumed that the entire bag should be placed in the pot. Thus, the tea bag was born!

Are all used tea bags safe for composting or use in gardens? - Most tea bags are safe for composting or gardening, but ensure the bags are a biodegradable material and free from plastic fibres to avoid environmental harm.



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THREE SIMPLE TIPS FOR FINANCIAL SUCCESS

– Advice for your children and grandchildren

August was Money Month, a public awareness and engagement campaign coordinated by the Retirement Commission, in partnership with the financial capability community.

This year's Money Month built on last year's theme "Pause. Get sorted." Helping people to focus on actions that can help grow their money and build resilience – two pillars that are key to improving financial wellbeing.

Financial literacy isn't great here in New Zealand, so any initiative that gets us talking about it deserves a plug. When I think about the money tips I wish someone had given me 30 years ago, there are plenty of examples I can think of. However, I reckon I can boil most of it down to three key pieces of advice.

Firstly, spend less than you earn. That sounds simple, and it is, but plenty of people manage to get it wrong.

Whether you're a company, a government or an individual, it's difficult to get into too much trouble if you spend less than what you're bringing in. If you find yourself reliant on your overdraft or credit card balance each month, revisit your outgoings and ruthlessly cut some expenses you can live without.

Secondly, never borrow money to buy depreciating assets. Debt can be a great slingshot to wealth, but only when it's used for things that will rise in value. Using borrowed money for a house, business or an investment (including your education) is the sensible use of debt. Borrowing to buy a new phone, TV or pair of shoes is not a smart use of debt.

You end up paying much more than the sticker price, while the value of your purchase is in constant decline from the moment you swipe your credit card. In just about every case, if you have to borrow money for it, then you can't afford it.

Thirdly, start saving or investing as early as you can. When it comes to investing, there are few things more powerful than time.

Consider someone who began saving \$20 a week at age 45 and earned an average return of seven per cent per annum. They would have a little more than \$45,000 two decades later at 65, more than

half of which would be purely due to the investment returns they'd earned along the way.

However, if they had started a decade earlier at 35, the grand total jumps to \$106,000 with the investment returns representing more than \$75,000 (or 71 per cent) of that. As we bring the start date forward even further, the results increase exponentially, such is the extraordinary power of compounding returns. Starting at age 25, that measly twenty dollars a week would be worth a whopping \$229,000 at age 65, with the investment return component (of over \$187,000) accounting for 82 per cent of the nest egg.

Saving for retirement isn't a priority for most young people. However, for those that grasp the concept early and commit to a regular investment plan, there are some staggering benefits to be enjoyed down the track. Not everyone has the luxury of being able to follow this sort of advice, and there are all kinds of reasons why people end up in unfortunate financial situations. Things can spiral out of control quickly, and sometimes no amount of being frugal can dig people out of some indebted situations.

Hopefully any ongoing conversation will help drive financial literacy higher, arming young people with a few basic (but important) concepts to make their financial journey a little smoother.

Mark Lister | Craig's Investment

NEW EDITION OF DRIVING AS A SENIOR AVAILABLE ON-LINE



A very useful aid to those soon to have a medical appointment to renew their driving licence has been published by NZTA in June, and is available on-line, as well as being available in hard copy for ordering by organisations (www.nzta.govt.nz/assets/resources/driving-as-a-senior/driving-as-a-senior.pdf).

Interestingly in this brochure there is a "Scenario" of a patient applying to have their licence renewed, and nowhere is there any mention of them having to complete a cognitive test!

FEDERATION BOARD SNIPPETS

The August Board meeting was the first face to face meeting of Board members with our new President Gayle Chambers. Gayle set a relaxed but business-like style that encouraged full active participation over the 2 day busy agenda.

Our newly elected regional representative on the Board, Margaret Sole, President of the Waihi Association, attended her first meeting and was made very welcome.

The Hon Tracey Martin, a previous Minister for Seniors, addressed the Board in her new role as the CEO of the Aged Care Association. She is passionate about improving the care of our older people who require support to live in dignity in their latter years. Te Whatu Ora-Health NZ is presently reviewing the delivery and funding model for aged care, including home and community care as well as residential care. Grey Power will be working with her to ensure any proposed changes are focused on the needs of the older person, rather than a cost cutting exercise, with patients being discharged from hospital with insufficient community care being in place.

A workshop led by 3 mature age Massey University students who had analysed the Federation Board governance and management sustainability was very productive. The Board currently carries an impossible workload of governance and management of advocacy work that is unsustainable. Decisions were made to work on a simple strategic plan in November, and to engage a contract person skilled in updating manuals to complete a significant volume of work for the Board later this year and early next year.

It was confirmed that a submission will be made to NZTA on the draft "Medical aspects of fitness to drive: a guide for health practitioners" by the end of September to address the major concerns our membership has on the current situation throughout NZ.

Three potential new partnerships to provide benefits to our members were discussed in committee and it is hoped that an exciting announcement on at least 1 new initiative can be made in the next month.

Submissions on Transport & Aged Care that had been submitted in recent months were ratified. These will be posted on the Federation website shortly.



David Marshall



REAL ESTATE UPDATE with Vanessa

After a subdued six months the real estate market is showing increased activity with more buyer enquiries. This is being driven by the lowering of interest rates and the arrival of spring weather.

First home buyers have been the most active in recent times however we still have clients that are looking to downsize. This can be driven by children leaving home, health challenges or a desire for a property that can be locked up and left. Downsizers are often looking for a home that is suitable for ageing in place.

The most important factor in successful downsizing is the property itself. Single level, low maintenance properties with good access are most desirable. Open plan living areas and easy access showers are considerations for the future.

Other key factors are a location that offers transport options and easy access to medical and shopping services. It is also an advantage if downsizers can be in a welcoming community, or near friends and family as the social benefits as we age cannot be underestimated.

If you have a house that suits downsizers, please get in touch to find out the benefits of selling with us.

Vanessa Charman-Moore is a Tauranga Seniors 50+ Real Estate specialist. For more information, see Vanessa's advertisement below or visit www.seniorsrealestate.co.nz

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WHAT'S THE DIFFERENCE BETWEEN ALZHEIMER'S AND DEMENTIA?

Author Nikki-Anne Wilson

Changes in thinking and memory as we age, can occur for a variety of reasons. These changes are not always a cause for concern but when they begin to disrupt daily life, it could indicate the first signs of dementia.

Another term that can crop up when we're talking about dementia is Alzheimer's disease, or Alzheimer's for short. So what's the difference?

Dementia is an umbrella term used to describe a range of syndromes that result in changes in memory, thinking and/or behaviour due to degeneration in the brain.

To meet the criteria for dementia these changes must be sufficiently pronounced to interfere with usual activities and are present in at least two different aspects of thinking or memory. For example, someone might have trouble remembering to pay bills and become lost in previously familiar areas.

Alzheimer's is the most common type of dementia, accounting for about 60-80% of cases. So it's not surprising many people use the terms dementia and Alzheimer's interchangeably. Changes in memory are the most common sign of Alzheimer's and it's what the public most often associates with it. For instance, someone with Alzheimer's may have trouble recalling recent events or keeping track of what day or month it is.



We still don't know exactly what causes Alzheimer's. It is thought to be associated with a build-up in the brain of two types of protein called amyloid- β and tau. While we all have some amyloid- β , when too much builds up in the brain it clumps together, forming plaques in the spaces between cells. *However, study and research are ongoing.*

Alzheimer's can also occur with other forms of dementia, such as vascular dementia. This combination is the most common example of a mixed dementia.

The second most common type of dementia is vascular dementia. This results from disrupted blood flow to the brain. Because the changes in blood flow can occur throughout the brain, signs of vascular dementia can be more varied than the memory changes typically seen in Alzheimer's.

For example, vascular dementia may present as general confusion, slowed thinking, or difficulty organising thoughts and actions. Your risk of vascular dementia is greater if you have heart disease or high blood pressure.

Some people may not realise that dementia can also affect behaviour and/or language. We see this in different forms of frontotemporal dementia - [Bruce Willis has been diagnosed with this type] and Dementia with Lewy bodies [Robin Williams had an extreme form of this type]

Do I have dementia and if so, which type? If you or someone close to you is concerned, the first thing to do is to speak to your GP. They will likely ask you some questions about your medical history and what changes you have noticed.

Sometimes it might not be clear if you have dementia when you first speak to your doctor. They may suggest you watch for changes or they may refer you to a specialist for further tests. There is no single test to clearly show if you have dementia, or the type of dementia. A diagnosis comes after multiple tests, including brain scans, tests of memory and thinking, and consideration of how these changes impact your daily life. Not knowing what is happening can be a challenging time so it is important to speak to someone about how you are feeling or to reach out to support services.

Dementia is diverse and as well as the different forms of dementia, everyone experiences dementia in different ways. For example, the speed dementia progresses varies a lot from person to person. Some people will continue to live well with dementia for some time while others may decline more quickly. There is still significant stigma surrounding dementia. So, by learning more about the various types of dementia and understanding differences in how dementia progresses we can all do our part to create a more dementia-friendly community.

Ref: The Conversation

ACCIDENT REVISITED

Last edition I described my learning curve of what information to collect when in a car accident. The story continues: When I went to pay the panel beater, as I had some other work done as well, he presented me with a bill for my excess on the accident. I paid, but then thought about it and sent an email to my insurance company asking why I had to pay when the other party admitted fault. I received a phone call from the insurers saying it was a case of two cars backing out and hitting each other, so as it was partly my fault, I had to pay the excess. Feeling really disappointed and let down, I contacted the other party, I'll call her Elizabeth, and she was mystified as she had claimed responsibility to her insurance company. They assured her they had told the correct version of events to my insurance company. As Elizabeth had put this all in an email, I was able to send this to my insurance company, explaining they had misrepresented events. A couple of days later my insurance company texted me to say they were waiving the excess. I am just waiting now for the excess to pop back into my bank account.

The moral here for me is, don't jump to conclusions until you've contacted the other party. Elizabeth's response completely restored my faith in human nature. And secondly, make sure you contest something if you think it's not correct, even with large corporations.

by *Shirley Porter*



Tauranga/WBOP **Volunteer today**

At Alzheimers Tauranga our ability to support those affected depends on people like you who are dedicated to helping fellow community members living with dementia.

FACT: Every 3 seconds, someone in the world develops dementia.

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FUNDRAISING

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Email: volunteers.tauranga@alzheimers.org.nz



DAHLIA GROWING GUIDE



5 Steps to Dahlia Success

- Choose a sunny spot with plenty of room for dahlias to flourish. Spring, after frosts have passed, is the best time to plant dahlias in New Zealand.
- Prepare your soil with organic matter like compost and sheep pellets.
- Add a layer of rose and shrub mix to plant into.
- Feed in spring and autumn for optimum flowering.
- Water regularly to keep the soil moist, and deadhead to prolong the flowering season.
- Adored by millions over the world, dahlias certainly know how to make an impact. With flower colours from just about the whole rainbow, dahlias are one of the easiest and most rewarding flowers to grow. They will reward you with endless stems of flowers for the vase and provide clouds of colour through the warmest months of the year.
- Once picked, blooms last in a vase for a number of days; changing the water every day or two will increase the flowers' life.



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Some things should be consumed with caution, while others need to be avoided entirely – these are the six most serious offenders.

There's a new incentive for tackling your cholesterol levels – it could reduce your risk of dementia, based on new research that has been presented at the Alzheimer's Association International Conference in Philadelphia. It is also, a risk factor for heart attack and stroke. "It can be present without anyone knowing until it's too late," she says.

1) Sugar-sweetened drinks

Soft drinks like Coca Cola, Fanta, Sprite have a surprising effect on the body's cholesterol levels. While Coca-Cola and other soft drinks are well-known for not being the best for our health, you might be surprised to know that they can also impact your cholesterol. This is due to how the body metabolises and stores excess sugar, especially fructose which is present in fizzy drinks in high quantities due to its low cost.

Drinking alcohol – which is also broken down in the liver and reconstructed as cholesterol – in excess can also raise your total cholesterol levels.

2) Coconut oil and coconut milk

Coconut products contain high levels of saturated fat, which the body converts to cholesterol. According to the British Heart Foundation, coconut oil is 86% saturated fat, a third more than butter. Walsh says the same is true for coconut milk. "One tin of coconut milk has double the recommended amount of saturated fat you should eat in a day," she says. "It contains [around] 66g per tin."

3) Fried foods

Fried food is only recommended in moderation and should be avoided if possible. Vickers says that fried foods such as French fries, battered onion rings, fried chicken, spring rolls and doughnuts tend to be particularly rich in both saturated fat as well as so-called trans fats.

The latter are formed through an industrial process that adds hydrogen to vegetable oil, causing the oil to become solid at room temperature, and can be converted into LDL cholesterol.

4) Ultra-processed ice cream

Ultra-processed ice cream is loaded with additives that ultimately increase your cholesterol.

One of the differences between many tubs of ultra-processed ice cream compared to the fresh versions made by independent vendors is that they typically contain combinations of added milk fat, high fructose corn syrup, multiple sources of liquid sugar, and coconut fat. All of these additives make it more palatable but ultimately increase your cholesterol.

"These UPF ice creams are easy to spot if you read the ingredients label," says nutritionist Rhian Stephenson.

5) Unfiltered coffee

Overall, coffee is pretty good for your health unless you're regularly adding spoonfuls of extra sugar, milk and cream as in many common barista coffees like a Frappuccino.

However, when it comes to black coffee, it seems that filter or instant coffee is best. Increasing evidence has indicated that coffee made using a cafetiere, Turkish coffee or an espresso machine, can raise your LDL cholesterol. "It doesn't really matter what type of coffee you drink if you only have one or two cups a day," says Tom Sanders, emeritus professor of nutrition and dietetics at King's College London.

6) Processed meat

Processed meat contains high levels of saturated fats.

Just like fried foods, many processed meats are typically high in saturated fats, and Vickers particularly suggests keeping bacon to a minimum. "You should limit how much you eat," he says. "Only eat it occasionally, in small quantities and grilled not fried. But if you already have high cholesterol, high blood pressure or you're at risk of cardiovascular disease, you should consider avoiding eating it completely."

And what to consume with caution... Artificial trans fats are thought to be even worse than saturated fat for raising cholesterol levels with research showing that they increase the risk of heart disease. "We typically find trans fats in pastries and baked goods, so limiting things like croissants and other pastry type foods, cakes and biscuits is a good

idea,” she says. Other saturated-fat rich foods that can have a potent effect on cholesterol, include red meats and butter. Hence experts suggest eating these in moderation.

The high cholesterol foods that are actually good for you

There are many foods which are naturally high in cholesterol, but rather than shying away from them, they're actually good for us. However, we now know that it isn't the cholesterol within food that causes us problems, but the excess fructose, saturated and artificial fats that our body then uses to make LDL cholesterol which ends up in our blood vessels.

“Eggs containing cholesterol previously led to them being discouraged for people with a higher risk of heart disease,” Mellor says. “But they are a great source of protein and not that high in saturated fats, so the cholesterol is not a problem.

Shellfish, unless dipped in batter and fried, are generally low in fat, and the cholesterol they contain is chemically different and has very little effect on our own cholesterol levels.”

Research has since found that while foods like full-fat yoghurt and milk contain their own cholesterol, they might actually reduce risk of cardiovascular diseases because they contain different fats called odd chain fatty acids and conjugated linoleic acid which are thought to be protective.

How to improve your cholesterol levels with diet?

Stephenson describes overall diet quality and particularly fibre intake as crucial to reducing and maintaining healthy cholesterol levels.

Mellor recommends trying to include aspects of the so-called Portfolio Diet: - **Include soy:** The plant chemicals known as phytoestrogens within soy can help reduce cholesterol levels. Sources of soy include tofu, tempeh or soy milk. **Eat nuts and seeds daily:** Mellor suggests adding them to salads, cereals, yoghurt or consuming them as snacks. **Eat more fibre:** Generally increasing the amount of fibre in your diet through a variety of vegetables and fruits as well as the sticky fibre found in oats, lentils, beans, okra and aubergine is good. **Eat plant sterols and stanols:** These are natural compounds that have a similar chemical structure to cholesterol and are found within nuts, beans and peas as well as some supplements and fortified foods.

Shopping for a new computer, phone, or iPad?

One of the most common statements that people use when buying a new computer is, “I don't do very much on the computer”. Our reply is, “Yes, and you want to still be doing ‘not very much’ on that same computer in 10+ years’ time”.

A good computer should last at least a decade, and therefore, if you buy a computer today that will ‘not do very much’ today, it will probably not reach 5 years before it needs replacing again. We're always delighted to replace computers for people that are over 10-years old, and we always compliment them for making that right buying decision way back when.

If you want to look at options, visit ‘PB Tech’ at 86 Second Avenue, Tauranga, and tell them ‘Silver Service IT’ sent you. They know what they are talking about; or give us a call directly to discuss!

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Or use your own internet banking. Otherwise, phone or email your details to us and choose one of the options below.

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Ask someone you trust to make an online payment, as above and then give them the cash.

[Do make sure they put your name, phone number and number as reference.]

SET UP AN AUTOMATIC PAYMENT

This can be done on the telephone or at your bank branch.

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If you are familiar with this – that's good – use your name, phone number and membership number as reference.

CASH

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Take cash to a Kiwibank branch – and give your name and phone no as reference.

The Crossing [in Mall] 0800 113355, Bayfair Shopping Centre or

Bethlehem Shopping Centre [Inside Paper Plus] 579 3514.

There are no other branches in the wider Tauranga area except Katikati in Paper Plus Ph 549 0327. *Check when branches are open.*

New banking rules require those paying cash into our account on someone else's behalf, must supply your name and that of the account holder.

DISCONNECT TO RECONNECT

Disconnect to reconnect - that's the message from two graduates who have started a club in the UK where people are told to put away their screens.

The Unplug Club's first sold-out event at Mettricks cafe in Hampshire, did exactly what it said on the tin. Attendees had to hand their phones in at the door and were encouraged to pick-up old hobbies and engage in new conversations, without the distraction of their devices.

Research shows that people in the UK **spend on average three hours a day**, external on mobiles and three hours and eight minutes on laptops. Friends since secondary school, Ben Hounsell and Jacob Curtis said they intentionally wanted their club to be "phone free". "When you arrive, we're taking people's phones and locking them in a box so they will truly be without their phones," said Jacob

Instead, guests could enjoy a selection of board games, letter writing, and even origami to help them unwind. Followed by an organised group quiz - but without any temptations to use Google.

The pair said they were motivated by what they saw as a "backwards culture" dominated by screen-time, where it can be difficult to approach strangers and talk to them. "Their instant reaction is, oh, who is this weird person talking to me," said Jacob.

Inspiration for the event came not only from the pair's observations about smartphone usage, but from an idea already being developed in the Netherlands. "We thought we'd get a group of friends together, try it out, and here we are; 50 plus people coming, all putting their phones away and engaging in genuine authentic conversation," Ben said.

Jamie Morris BBC News

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The following are local service centres where you can call in without an appointment to see a JP free of charge.

Arataki Community Centre, Zambuk Way,
Mt Maunganui - Mondays & Fridays 10.00 am – noon

Bethlehem Community Church, 183 Moffatts Road
Friday 10am - 12 noon

Courthouse, McLean Street
Monday 1pm - 3pm
Tuesday 10am - 12 noon
Wednesday 11am - 1pm
Thursday 1pm - 3pm
Friday 1pm - 3pm



Greerton Library, 139 Greerton Road, Gate Pa
Tuesday 2pm - 4pm
Thursday 2pm - 4pm

Holy Trinity Anglican Church, 215 Devonport Road
Wednesday 12 noon - 2pm

Katikati Resource Centre, Beach Road
Friday 10am - 12 noon

Mount Maunganui Library,
Tuesday 11am - 1pm
Friday 11.30am - 1.30pm

Otumoetai/Matua, St Columba Church,
502 Otumoetai Road
Tuesday 10am - 12 noon

Omokoroa Library and Community Centre,
Western Ave
Thursday 10am - 12 noon

Papamoa Library, Gravatt Road
Monday 5pm - 6pm
Wednesday 10am - 12 noon
Saturday 10am - 12 noon

Tauranga Multicultural Centre, Historic Village
Thursday 11.30am - 1.30pm

Te Puke Library, 130 Jellicoe Street
Thursday 10.30am - 12.30pm

The Crossing Shopping Mall,
2 Taurikura Drive
Saturday 10am - 12 noon

Welcome Bay Community Centre,
242 Welcome Bay Road,
Wednesdays 1pm - 3pm

Please note Service Centres are closed on public holidays.

FOOD SCRAPS TO SNACKS

Turning food waste into wealth from Our Changing World

[www.rnz.co.nz/podcast/ourchangingworld]



Avocado seed powder and puffy snacks.

Food is usually a no-no in a science lab, but this lab at the Auckland University of Technology is different. One fridge is labelled 'beer research'. There's a drawer full of stick blenders, and a coffee machine. "Well, it is a food lab," says senior lecturer Dr Rothman Kam. "It would be quite sad if you do experiments and were not able to eat the food that you make."



Extrusion machine for making puffy snacks.

Rothman and his food science lab group are interested in turning food waste into high value products (a process called 'food waste valorisation'). For example, tonnes of avocado seeds are a waste product of

making avocado oil. Rothman and his team have set their sights on transforming seeds into snacks. They've worked out a method of blending the seeds and processing them to make them fit for human consumption, resulting in an avocado seed powder. This powder can then be added to breads or biscuits, or used with other grains to make puffy snacks.

Arti-fish-al skin for wound healing

A second project, led by PhD candidate Edward Quach, is investigating the use of fish waste products to create artificial skin. This skin can be loaded with drugs to help burn victims heal faster.

Edward Quach with the ground fish waste and artificial skin prototype.



While the method of using fish gelatine in this way isn't new, Edward is trying a novel technique that bypasses the need to extract the gelatine, and instead goes straight from the freeze-dried ground-up fish waste to the jelly-like skin.

A second life for spent grain



Ha Minh Quoc in front of the freeze-drier containing brewers' spent grain.

The lab's 'beer research' focuses not on the alcoholic drink, but on the spent grain generated in the beer brewing process. PhD candidate Ha Minh Quoc uses a freeze-drier to remove any moisture from the brewer's spent grain. Once he has dried out the grains, and ground them to a powder, he adds bacteria in. The bacteria (and the enzymes they contain) chop up proteins found in the grain, producing molecules with bioactive properties.

These bioactive molecules are small bits of protein (peptides) that can carry out many different important functions in our cells. For example, bioactive peptides might help fight off germs, reduce high blood pressure, lower blood fats, act as antioxidants, or help ward off obesity, diabetes or ageing.

Bioactive peptides are found naturally in fermented foods such as tempeh, yoghurt and whey protein – but they are also added to different food or pharmaceuticals to enhance them. Early investigations done in the lab have shown that some useful bioactive peptides can be made using the brewer's spent grain.

CHRISTINE'S LEMON BROWNIES

If you're wondering what to do with all the extra lemons in your backyard, Christine has shared her delicious lemon brownie recipe. Combining both the rind and the juice, it's sure to be a hit with the whole family.



Ingredients:

Brownie:

- 1 ½ cups flour
- 1 ½ cups sugar
- 250g butter
- 4 eggs
- 2 tablespoons lemon rind
- ¼ cup lemon juice

To serve:

- Icing sugar or Greek yoghurt

Method

- Preheat oven to 180 degrees.
- Beat flour, half of the sugar and butter together until well combined.
- In a separate bowl, whisk eggs, lemon juice, lemon rind and the remaining sugar together.
- Then pour the egg mixture into the flour mixture and beat on a medium speed until smooth (don't panic if it looks curdled, it will come together with mixing).
- Pour the mixture into a lined oven 20cm x 30cm tin.
- Bake for 25 minutes or until golden and just firm to touch.
- Allow to cool before removing from tin, serve with a dusting of icing sugar or Greek yoghurt and enjoy!

EASY EATS: CHINESE SAUSAGE FRIED RICE

Sam Parish



Ready in under 30 minutes and at an affordable price, this recipe is a no-brainer. Chinese Sausage (lap cheong) is one of my all-time favourite ingredients [Can swap for any other meat]. It makes anything taste like a takeaway. Partnered with my genius egg-spiked rice and a decent hunk of ginger, this is a bowl of tasty goodness you won't be able to stop eating.

Serves 4 / Prep time: 10 minutes /

Cook time: 20 minutes

Ingredients

- 2 cups jasmine rice
- 2 eggs
- 1 tsp white pepper
- 2 Tbsp soy sauce
- 120g packet pork Chinese sausage (Lap cheong), thinly sliced [or other meat]
- 1 red capsicum, chopped
- 5 green spring onions, white part thinly sliced, green part chopped
- 2 Tbsp vegetable oil
- 2 garlic cloves, crushed
- 3cm piece of ginger, finely chopped
- 1 bunch pak or bok choy, leaves and stems chopped and kept separate
- Swap - Use any other leafy green vegetables.
- 1 Tbsp oyster sauce
- 1 cup frozen corn

Method

Cook the rice until cooked through. Whisk eggs, pepper, and 2 teaspoons of the soy sauce in a bowl. Pour over cooked rice and return the lid. Leave to slowly cook for 5 minutes using residual heat from the rice. Boil a kettle. Place bok choy stems in a heatproof bowl and pour over the just boiled kettle. Stand for 5 minutes while you cook the sausage. Place sausage, capsicum, white spring onion, garlic and oil in a large fry pan over medium heat. Cook, stirring, for 4 minutes or until the sausage is beginning to crisp. Add garlic, drained bok choy stems and cook for 1-2 minutes to soften stems slightly. Add cooked rice, corn, oyster sauce and remaining soy to mixture and stir well to coat. Season to taste then stir through most of the green shallots and bok choy leaves. Stir for 1 minute to wilt slightly then serve.

THE VALUE OF HAVING AN EPA IN PLACE

One could say that it is a modern-day phenomenon that such high number of people are living so much longer – well into their 90s and not unusual to reach 100+. But with that comes a responsibility to make sure you have your legal affairs in order so as to make life easier for relatives who may need to care for you should there be a decline in your wellbeing toward the end.



No matter how diligent we are with our health and lifestyle over the years, there can come a time when we can be robbed of the ability to make decisions for ourselves. This can be because of illness, accident or a form of dementia. To reach that state without having an Enduring Power of Attorney [EPA] in place, puts such a burden on your family. They are left with no power to make decisions about your medical care or look after any financial matters. [Loss of mental capacity].

If you are financially able to pay upcoming accounts such as power, rent or other outstanding bills, then there is the possibility of then being reimbursed out of the person's estate. Without an EPA, it is illegal to operate a person's bank account should they have lost mental capacity.

I have had two examples recently to highlight some of the problems that can arise. One person was in the middle of changing their will when they were admitted to hospital with a serious illness. The lawyer would not countersign the new will without a doctor performing a cognitive test with the patient. Had that failed, the old will would be the one used had the person not survived.

In another case, a much older person fell at home and was admitted to hospital and their health declined and slowly lost the ability to pass a cognitive test. They do not have an EPA and I have been able to see the awful restrictions and helplessness that this has caused close family. By law the medical profession long term can only

provide hydration and reasonable pain relief. If the family want anything else done it then has to go through the family court which could in some cases take too long.

The main reasons why people do not put wills and EPAs in place is a) I'm young and not going to die yet and b) it's just too expensive, followed by our optimistic hope that we will just die quickly and quietly at home.

I have done some research and there are ways to have an EPA done at very little cost but it does involve using an online site. If cost is a factor, I encourage you to contact a friend or family member to help with the online version or even call our office to get some help. We may be able to put you in touch with an expert. [Online estimated cost \$99 to \$150]

Otherwise shop round the local lawyers to get the price down to around \$400 to \$800 max for a couple.

Think of your loved ones now and in the future.

Jennifer

What is "mental capacity"?

[From MoneyHub NZ website]

Every day we make decisions about our lives - the ability we have to make these decisions is called mental capacity. Those most vulnerable often lack mental capacity - for example, those with dementia, a brain injury, or suffering the effects of a stroke.

A Property Enduring Power of Attorney [EPA] can be activated when the person still had mental capacity - such a decision will be made by the donor.

For a Personal Care and Welfare EPA to come into effect, the donor must lack the capacity to manage his or her affairs and only medical professionals can determine if the person with the EPA is mentally incapable.

For a **Personal Care and Welfare EPA**, the donor becomes mentally incapable if they are: unable to make decisions about their care and welfare, understand those decisions, to know those consequences of those decisions; or to communicate decisions that they make about their own care and welfare.

For a **Property EPA**, the donor becomes mentally incapable if they are unable to manage their property affairs.

MAGGIE BEER'S AGED CARE EATING MISSION IS FEEL-GOOD TV – BUT IS IT A RECIPE FOR REAL CHANGE?

Turning problems into solutions

The experiment took place in a section of Meath Care's Dr Mary Surveyor Centre in Kingsley, Western Australia, home to 44 residents. At the start of the experiment 78% of residents evaluated were at risk of malnutrition or malnourished and 46% experienced depression. These figures are confronting yet not unusual based on previous studies and the Royal Commission estimate that 68% of Australians in residential aged care are malnourished or at risk of becoming so. Maggie, aged 79, and her team of experts worked alongside staff and residents to design and implement a new model of mealtime care. This included:

- making meals more nourishing, flavoursome and visually appealing, with increased protein and fresh ingredients
- giving residents variety, choice and independence with a buffet-style offering
- involving residents in mealtime roles such as setting tables and restocking supplies
- creating a calmer, more dignified and social mealtime experience.

These sound like simple changes, but they can be challenging given budget adjustments, physical renovations and staff training and support. Resident and staff responses revealed a pathway to better nutrition and socially engaging care.

Here's what the experiment showed can work:

1. Influential leadership

Maggie Beer has championed this issue, modelling humility and openness to learning. She fronted a team with a shared vision – “to make every mouthful count”. She shows leaders can work alongside staff to understand the challenges and identify solutions, share accountability for change and celebrate success.

2. Questioning habits and the status quo

Just because meals have always been prepared or served in a certain way, doesn't mean it's the best way. Standards of care can be re-imagined and the evidence translated into resident-centred care. What the program shows is small changes (like making one's own fresh toast, served hot) can make a difference to choice and mealtime enjoyment. It also means being flexible enough for different needs and safety considerations. For example,

texture modified diets – food textures that improve safety for residents with swallowing difficulties – can be hard to get right. But that doesn't mean change can't happen. As one senior staff member noted, there is dignity in having the same meal as others: Traditionally, the aged care puree diet would be yesterday's food or batch prepared and put in the freezer. Now, having the same food cooked out of the same oven and then modified, for me, I think that runs to dignity. Changes can be hard, but also empowering for aged care residents and staff.

3. Experiencing change

Maggie and her team provided more than 175 hours of training to staff. Topics included nutrition, swallowing, oral health, as well as leadership and person-centred care. Coaching, mentorship and support in the kitchen and dining room was also provided.

4. Harnessing mealtime expertise

Residents don't always get the support of occupational therapists, dietitians or speech pathologists when they need it. Mealtime interventions – making therapeutic changes such as suitable eating implements, modified diets and textures or assistance with eating in a real-life context – helps care staff see the residents' potential.

5. Keeping the model going

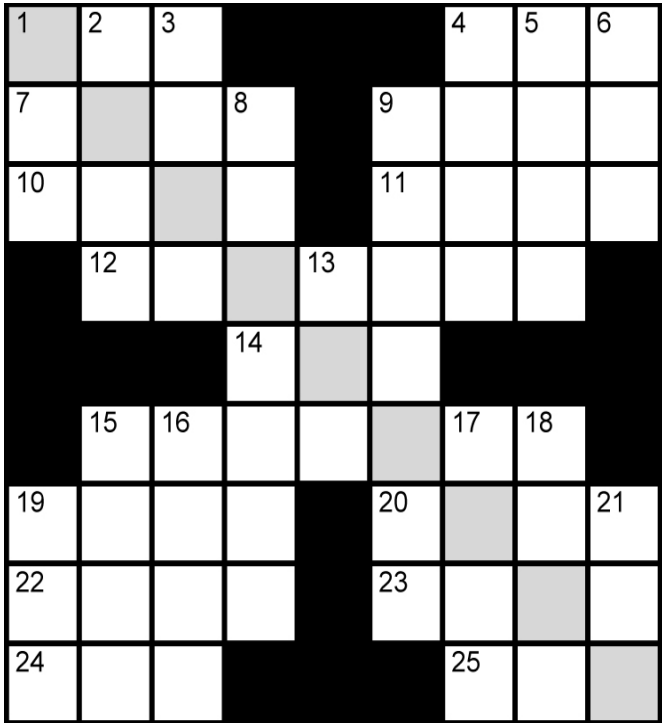
The program and the changes it brought were not without tension. But these were viewed as a positive sign of change. As part of the recipe for change it is important to set staff up for success, providing the knowledge, tools and ongoing support to sustain change and recognise if the quality of meals and dining experiences are slipping. As one team leader said: I'm probably most proud of the way the staff have been able to adapt [...] I'm proud of how they've stood up and said, oh, hang on a minute, we've all learned that this is not a really good way of doing it.

Will it work on a bigger scale?

This real-life experiment successfully improved residents' appetite, mealtime satisfaction and mood, with full results being prepared for publication. The standard of mealtime care was lifted with many residents enjoying increased choice and independence, as one resident said: I can see what I'm getting, and I can get what I want.

It is a model that can be adopted nationwide if aged care organisations invest in the vision, training and ongoing support for staff to make the necessary change.

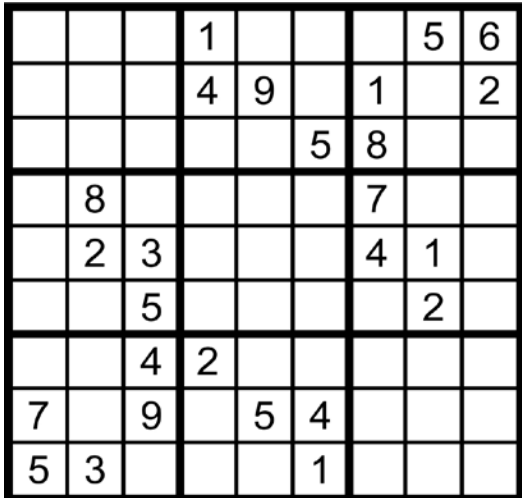
Tiny Purple Fruit



- Across
1. Louisville Slugger
4. Hallucinogen
7. Coalition
9. Woodland deity
10. Women's hat lining
11. Gumbo ingredient
12. Guided
14. Agatha Christie's "The _____ Murders"

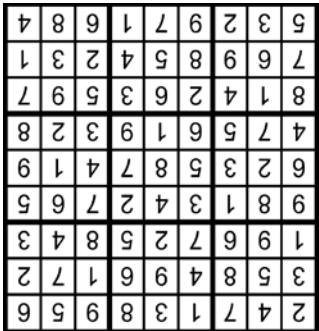
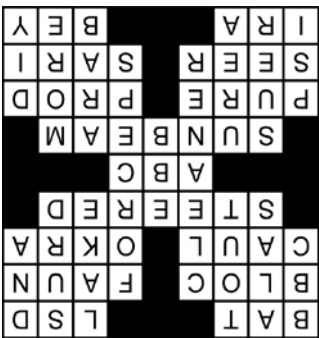
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|---------------|--------------|----------|
| BAGELS | GEFILTE FISH | NOVA LOX |
| BOLOGNA | HAM | PASTRAMI |
| BRISKET | HERRING | PICKLES |
| CHALLAH | HOT DOGS | SABLE |
| CHEDDAR | KAISER | SALAMI |
| CHOPPED LIVER | LIVERWURST | SALMON |
| CORNERED BEEF | MOZZARELLA | TURKEY |
| CREAM CHEESE | MUENSTER | |

SUDOKU



15. Solar beam
19. Unadulterated
20. Egg on
22. Oracle
23. Indian wear
24. 401(k) alternative
25. Ottoman governor

- Down
1. No Clue
2. "C'est la vie"
3. Praise highly
4. Vacation destination
5. Irrational, in math
6. Some forensic evidence
8. Grime fighter
9. Delivery aid
13. "Chicago" lyricist
15. Litigant
16. Fertilizer chemical
17. Riyadh resident
18. Oliver's request
19. Tire meas.
21. Home improvement letters



The crossword headline is a clue to the answer in the shaded diagonal

FROM THE DELI



How to solve sudoku puzzles: No math is required to solve a sudoku. You only need logic and patience. Simply make sure that each 3x3 square region has only one instance of the numbers 1-9. Similarly, each number can only appear once in a column or row in the larger grid. *The difficulty on this puzzle is medium.*